

First Look

Furniture sale

The sale will be at Warehouse T-800 10 a.m. - 5 p.m. Sunday; and noon - 6 p.m. Monday and Tuesday.

Great food

The Top of the Rock Club will host a gourmet dinner night Jan. 12. Menu includes lobster bisque, pecan-crusted salmon and crepes Fitzgerald. Cost is \$45 for members, \$55 for non-members. To make reservations, call Teresa Cordle at 2-3202 or Kevin Gontarek at 2-6156.

Shootout

Anyone who would like a chance to represent Lajes Field at the USAFE 8-ball Tournament at Spangdahlem AB, March 9-11, needs to sign-up for the five-week Pool Shark Shootout. All two-member teams must be signed up by Wednesday. To register, e-mail the players names to 2nd Lt. Alani Robles. Supervisor's approval to participate in the championship in Germany is needed before registering.

Judges are also needed to help officiate for the five-week tournament. All judges must be experienced with the rules of the game.

For more information, call 2nd Lt. Alani Robles at 2-2074, or Kevin Gontarek at 2-6156.

Power outage

The 65th Civil Engineer Squadron will be conducting switchgear testing Jan. 14-17. People should expect power outages then and Jan. 20.

Preflight

- Days since last DUI 47
- DUIs since Jan.1 ... 0
- Current AEF 1 & 2
- Current FPCON ... Alpha
- Patriot Express ... Today
- Combat Nighthawk ..

2nd Lt. Alani Robles, 65th Mission Support Squadron and Master Sgt. Henry Parker, 65th Services Squadron

Repeat after me



Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, reenlists (from left to right) Master Sgt. Onofre Martin Jr., 65th Air Base Wing; Tech. Sgt. Teresa Dennis, 65th Communications Squadron; and Senior Airman Alix Bourand, 65th CS; Jan. 1 at Fiddler's Green. (Photo by Staff Sgt. Michelle Michaud)

Combat Wingman

Airmen taking care of Airmen

By Capt. Yvonne Levardi
Chief, public affairs

One story has an Airman addressing another's problem with drinking; another, a close call with suicide; a third has an Airman taking a step that saved 12 lives; a fourth story is of an Airman leaving first place in a race to take care of a friend who got ill during the run.

All of these stories illustrate the importance of Airmen taking care of Airmen, the ultimate goal of Combat Wingman.

"Combat Wingman was initiated to address an alarming rise in suicides in the Air Force," said Lt. Col Joe Martin, Lajes Combat Wingman program manager. "However, as the look at the trend continued it became obvious that any program to address this would have to be much more than just another suicide prevention class. The Air Force needed a program to address this at the root, and the root was found to be a need for each of us to look out for one another."

The program, introduced to USAFE bases in November, educates people on the importance of ensuring physical, social, spiritual and emotional well-being. Focusing on the four "dimensions of wellness" helps people identify Airmen they know or work with who may need help.

"Everything I have seen has shown that the transition from suicide awareness and the medical community to 'total awareness' and the entire Air Force community is working well," Colonel Martin said.

"People don't talk about the Wingman program in terms of just suicide awareness. They speak in terms of safety, anti-DUI stuff, depression prevention, even helping someone when they just don't feel good."

A core part of the program is the Wingman card on which members write the names and phone numbers of at least two people they can count on for help when needed. Additionally, base organizations are working on incentives to improve the program.

"Wingman coins are one of the incentives used to maintain the momentum of the program. Like any other coin you may receive from a general officer or get for participating in a given program in the military, they are of no actual "cash" value," Colonel Martin said. "However, to be presented a Wingman coin signifies that you 'get it!' In some form or fashion, your word, deed or act symbolized all that is right about looking out for one another."

Additionally, Colonel Martin said he hopes the incentives will help people maintain the bonds they established when they signed their Wingman cards.

"I volunteered to help execute this program for the wing, but the proof is in the continuation of the program beyond my time here," Colonel Martin said. "Each and every Airman must continue to engrain this mentality in everything they do, as well as help to instill it in the minds and actions of the Airmen around them."

For more information on Combat Wingman, stories about the program and many resources, visit <https://info.lajes.af.mil/CSIP/wingman.htm> or <https://sg.usafe.af.mil/86mdg/wingman/wingman.htm>.

Focus notes

Graduates

The following members graduated from Customer College Dec. 17.

Distinguished graduates were **Pepi Liles**, 65th Mission Support Squadron and **Janet Ross**, 65th Services Squadron.

Other graduates were: **Pedro Carvalho**, 729th Air Mobility Squadron; **Filomena Costa**, Defense Commissary Agency; **Jodi Dean**, 65th SVS; **Tech. Sgt. Nicole Jackson**, 65th Medical Operations Squadron; **Staff Sgt. Fitzporter Kidd**, 65th Security Forces Squadron; **Janet Riordan**, 65th SVS; **Joaquim Santos**, 65th SVS; **Victor Silva**, 65th SVS; **Fernando Sousa**, 65th Logistics Readiness Squadron; **Tech. Sgt. John Walker**, 65th Civil Engineer Squadron; and **Senior Airman Jeremy Walters**, AFN.

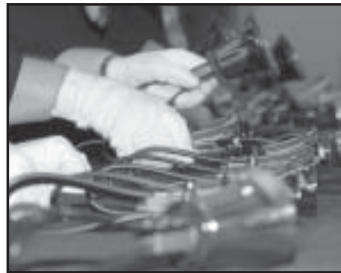
Hut doors open

The Sun & Sand Hut is open to all enlisted single and unaccompanied members at Lajes for the duration of the Project CHEER season through April 1. The Sun and Sand Hut is open 6 p.m.-2 a.m. Friday and Saturday, 1-9 p.m. Sunday and 4-9 p.m. Monday.

Reading contest

Winter storms causing the blues? Visit the base library and sign up for the winter reading contest which runs through Jan. 31. Prizes will be awarded to the person who reads the most books in each of three categories: children up to 11 years old, teens 12-18 years old and adults over 18 years old. For more information, call the library at 2-3688.

Christmas Eve candlelight service



(Above) Members of the bell choir played Christmas songs during the Christmas Eve candlelight ceremony Dec. 24 at the base chapel.

(Right) Becky, Cheryl, Crystal and 2nd Lt. Randall Pletzer light each other's candle during the lighting of the candles Christmas Eve at the base chapel.



(Above) The gospel choir sang songs during the candlelight ceremony. Some of the songs included "Oh Come, All Ye Faithful," "Hark! The Herald Angels Sing," "Away in a Manger," "Angels We Have Heard on High," "Silent Night" and "Joy To the World." (Photos by James O'Rear)

Combat and Special Interest Programs

Keep Lajes members busy during the holidays



(Above) Staff Sgt. William Diehl and Staff Sgt. Philip Burns, both from the 65th Civil Engineer Squadron, play Monopoly at the Sun and Sand Hut Dec. 27. (Photo by Staff Sgt. Michelle Michaud)

(Right) Staff Sgt. James Holzer and Tech. Sgt. Scott Crowley, both from the 729th Air Mobility Squadron, clear out bushes near the Top of the Rock Club Dec. 30 for Pride Day. (Photo by Capt. Yvonne Levardi)



The Michael Lee Jackson band performed at the Crossroads Theatre Dec. 24 and 25 as part of an Armed Forces Entertainment tour. (Photos by James O'Rear)



USAFE commander compliments Lajes

Good morale, good leadership, good focus on mission

By Staff Sgt. Olenda Kleffner
Crossroads editor

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, started his New Year off here during a three-day visit Jan. 1-3.

During his visit, the general complimented the base and talked about the Combat and Special Interest Programs.

"Lajes is incredibly tightly bound ... it's clearer every time I come over here," he said. "Morale's good, leadership's good, the focus on the mission is very good and the base looks great; there's no doubt about it."

The general said the base gets better every time he visits.

"Frankly, I blame you all for that, so people are doing a great job over here and working hard," he said.

Not only does Lajes look great, but according to the general, it's also in a great location.

"Lajes just happens to be geographically situated in the right place," he said. "Physics of airplanes will tell you that they can only get so far before the air crews have to rest and they have to refuel and do those kinds of things."

"We're fortunate to have this little set of islands out here, and this one in par-

ticular that we've got a nice long strip of asphalt on so we can bring people in here and allow them to take a little down time before we push them off to the war or we push them back home."

While he complimented Team Lajes members with doing such a great job here, he also talked about the CSIPs and how they complement USAFE.

"The three most important things in USAFE right now are readiness, services to our people and quality of living," he said.

The general said he needed a way to focus on those three aspects and that's how he came up with the fifteen programs. The programs help prepare military members and their families to be ready for anything anywhere no matter what the situation is.

"It also allows us to raise the quality of living for our people to make sure that we're treating them as good as we can treat them. And by the way, we ought to provide people here at Lajes and all across USAFE the best services we can possibly provide," he said. "They ought to get the same services they can get in Springfield, Virginia, or Sacramento, California. All those special interest items and those combat programs raise the level."

The general said Team Lajes has led

the command for the last three months with the highest CSIP metrics.

"(Lajes) has been ahead of everybody else in USAFE and again, I blame everybody over here for all that hard work," he said. "That's a lot of service before self."

The general doesn't have a specific favorite program, he said, they're all equally important.

"It's hard for me to pick one. I'm really big into libraries. I think libraries are really important to our people. I'm really big into all the readiness programs. I'm big into the fitness part of it. I'm big into the safety part of it," the general said.

"I think we owe it to those moms and dads back home who loan us their sons and daughters, to make sure we send them back safe. So it's hard for me to focus on any one because they all have a valuable part to play in what we're trying to do for our people."

Before he departed, General Foglesong said "You know we're starting a new year here and we're incredibly fortunate as the greatest nation in the world to be where we are today. We had a great year in 2004, and I'm really looking forward to getting out of the chinks quickly in 2005. We're just going to reaffirm ourselves as the only super power in the world and the world's most feared and respected Air Force."



Stateside Housing Allowances to Rise

Monthly housing allowances for 910,000 servicemembers living off base in the United States will climb by an average of 8 percent effective Jan. 1, say Defense Department officials. The rise in individual rates, however, will vary significantly, from no change for some grades in some areas to as much as 20 percent to 30 percent for military renters in high-cost areas such as Hawaii. Revised BAH rates have no direct impact on servicemembers living off base overseas. They get an Overseas Housing Allowance which is adjusted in the spring and fall each year to reflect changes in out-of-pocket costs for stateside peers and changes in the dollar's value relative to local currency. The 2005

Basic Allowance for Housing rates not only will keep pace with an average 4.4 percent rise in rental costs nationwide over last year but also are high enough to close a remaining 3.5 percent gap between 2004 BAH and median rental expenses nationwide. BAH recipients will enjoy a fifth and final "above-inflation" annual adjustment that since the year 2000 has eliminated a 22 percent disparity between stateside allowances and rental costs reported in housing surveys. For more information, see http://www.military.com/NewContent/0,13190,SS_122004_BAH,00.html

'Andro' supplement off limits in new year

WASHINGTON — Airmen who take

androstenedione to increase muscle mass will soon have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that takes effect Jan. 20, the prohormone androstenedione will be classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called "andro," is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force's chief consultant for internal medicine services.

"Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone," Dr. Carr said. "Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs."

Other drugs listed as Schedule III sub-

At Their Best

Promotion

Maj. Michael Green, 65th Security Forces commander, was promoted Jan. 1.

MSS awards

The winners for the USAFE mission support award winners for fiscal year 2004 were announced and four of the winners were from Lajes. The winners were: unit technician - **Staff Sgt. Rebecca Chi**, 65th Civil Engineer Squadron; Outstanding mission support squadron award - 65th Mission Support Squadron; Civilian personnel awards - **Ilda Moreira**, 65th MSS and 65th MSS/dpc

NCO graduates

Eight technical sergeants from Lajes graduated from the Kisling NCO Academy in Vogelweh, Germany Dec. 16.

Silvia DeJesus, 65th Communications Squadron, was a distinguished graduate.

Other graduates were **Kavina Agnew**, 65th Civil Engineer Squadron; **Susanne Fonseca**, 65th Logistics Readiness Squadron; **Brian McCoy**, 65th CES; **Brian Meverden**, 729th Air Mobility Squadron; **Randall Reno**, 65th Services Squadron; **Stacy Servillon**, 65th CS; and Mark Willis, 65th CS.



USO visit

(Above) Actor **Kamar de los Reys**, from "One Life to Live" and HBO's "Undeclared," shakes hands with Susan and Abby Gontarek during the AFE/USO Holiday Handshake Tour 2004 at the Commissary Dec. 20.

(Left) **Dennis Farina**, from "Law & Order" and "Paparazzi," signs autographs for customers at the commissary. Other actors on the tour were **Bill Brochtrup**, from "Dharma & Greg," "Picket Fences" and "Murder, She Wrote," and **Sherry Saun**, from "One Live to Live" and "House Party III." (Photo by Guido Melo)



stances include the anesthetic ketamine, called "Special K" by the club-goers who use it; testosterone, and forms of codeine and morphine.

Once ingested, Dr. Carr said, androstenedione is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size and body hair.

For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

On Jan. 20, androstenedione may no longer be legally purchased. It will also be illegal to use the prohormone, even if it was purchased before then.

Use, possession, or distribution of androstenedione after Jan. 20 will be a violation of the Uniform Code of Military Justice.

Airmen deliver relief supplies in Thailand

PHUKET, Thailand (AFPN) — As the calendar turned a new year, the aid delivered by Airmen of the 353rd Special Operations Group to communities on Thailand's southwest coast approached 100 tons.

Four MC-130s and 100 Airmen from the group continue to pump vital relief supplies into strategic cities located along the devastated coastline.

Thai officials are still identifying life-sustaining supplies such as medicine, tarps for shelter, bandages and water, as top priorities. Two massive aircraft hangars on the east side of Bangkok's sprawling airport are the collection location for donations nationwide. Trucks are taking nonperishable supplies to the coastal cities 10 hours away. In

a matter of two days, donations from around the kingdom have outpaced all airlift capabilities.

Here in Thailand's largest tourist destination, the situation is dire. Upwards of 5,000 dead have been found along the coast, and Thailand's prime minister warns that number may double as outlying islands are fully examined. While this resort town was smashed by killer waves, islands offshore, like Phi Phi and Kao Lak, were completely decimated. As a one-man ringleader, a loadmaster here directs pallets onto the aircraft every day.

As the new year began, the devastation in Southeast Asia was just beginning to be understood. The fatality total has reached 150,000, and continues to climb. With such dire situations on the ground, the Airmen here said they can only hope their efforts can make a difference.

Terceira remembers earthquake 25 years later

Question:

When was the last volcanic eruption in the Azores?

Answer:

The most recent volcanic eruption in the Azores occurred in 1957 just off-shore the northwest tip of the Island of Faial, near Capelinhos village.

The eruption and consequent earth tremors didn't cause any victims but left hundreds of people homeless, forcing many of them to immigrate to the United States and Canada.

The Azores have experienced several seismic crises over the past four decades, especially on the islands of Pico, São Jorge, Faial, Graciosa and Terceira.

The most recent non-volcanic serious seismic crisis occurred on July 9, 1998 on the islands of Faial, Pico and São Jorge where an earthquake measuring 5.8 in the Richter scale destroyed hundreds of dwellings and killed nine people.

Terceira Island has not been immune to these types of natural catastrophes either. The last major seismic event happened precisely 25

years ago when in the sunny afternoon of Jan 1, 1980, an earthquake of tectonic origin measuring 7 in the Richter scale rocked the islands of Terceira, Graciosa and São Jorge.

This major earthquake killed more than 60 people and destroyed hundreds of residences leaving thousands of people homeless on all three islands. Fortunately, Lajes Field didn't suffer any significant structural damage since the earthquake's epicenter was located 40 kilometers off the western side of Terceira Island, between this island and the Island of São Jorge.



Man on the Street

My New Year's resolution is ...



Tech. Sgt. Felmer Navarro
65th Comptroller Squadron

"To go to the gym more than 12 times a month"



Jessica Kimble
Daughter of Cynthia and Master Sgt. James Kimble

"To stay out of trouble and get better grades"



Melissa Seedall
Wife of 1st Lt. Mathew Seedall

"To get in shape enough to run a marathon."



Col. Barbara Jacobi
65th Air Base Wing commander

"To see more of the island and to get more fit."



COMMENTARY

Little brown book defines enlisted role

By Senior Master Sgt.
Rob Brooks
65th Mission Support Group
first sergeant

Prior to Lajes I was stationed at Camp Humphreys Army Post, Republic of Korea. Culturally, my tour was very rich relative to interaction with both the Korean peoples and my US Army counterparts. Most notable in my tenure on the ROK was my experience with the "OPFOR." I ran with a team of men and women charged with acting like the enemy, or "Opposing Forces" for the purpose of wing, base or peninsula-wide exercises. We captured numerous headquarters at Osan, "the Hump," and other US installations. Within the first two months of "running" with the team I suffered a fractured wrist, several severe lacerations, an unknown jungle related skin infection, two black eyes, four bruised ribs, a bruised retina, and bruised ego ... I loved every minute!

At the age of 34, my stint with the OPFOR yielded several lessons, not the least of which was: "you're not 20 anymore!"—to use a quote from my wife. To be successful in this venue, I literally had to relearn how to run

cross-country in combat boots without falling down, I had to relearn to climb fences and jump from perch to perch, and hardest of all; to lie in wait for four, six maybe 12 hours at a time. These are things I've not done for many years, consequently my physical and mental stamina was no where near what it needed to be. Had I remained physically and mentally ready, my experience would have been a lot less painful. One rainy fall day, face painted black, I sat waiting in a "ben-jo" ditch watching a banana spider nest on my boot. In the still, I was struck by an unsettling parallel: is it possible to unknowingly, inadvertently lose the edge I once had as an NCO? Of course!

AFI 36-2618, the "little brown book" defines our roles as enlisted members quite well. Sadly, I don't think I had looked at it since I put on staff sergeant. I was able to pinpoint specific instances where I had failed my charge for no reason other than not reminding myself of it. Sometimes we need to get back to the basics and renewed understanding that it isn't our supervisors that get us promoted, it's those that work for us and with us. Though we are expected to be the "whole-person" that actually includes

remaining technically competent too (though to a lesser extent than your young professionals). We are not simply to be alert in detecting adverse morale trends, rather we are to "devote total effort in resolving them." What about taking the lead in enforcing standards, while maintaining good order and discipline — a delicate balance for sure. And let's not forget the all encompassing "lead from the front" imperative: Leaders, your Airmen will do what you do, endeavor to be worthy of emulation. If you are like me, you will make mistakes. It's OK, own up to it—what better opportunity show folks readiness to accept responsibility?

Running with the OPFOR, I learned I wasn't ready for what was required of me. In a world where readiness is the buzz-word of the day, I've endeavored to apply this to my primary duties rather than just to deployments, exercises and other extraordinary circumstance. Sometimes I fail to see the forest, obscured by all the trees. A closer look always yields roses and ragweeds both of which require appropriate attention. Consider taking a hard look at the forest ... in this case taking form in a (very recently revised) little brown book.

Your Air Expeditionary Force needs you

By Maj. Gen. Bob DuLaney
USAFE Director of Air and
Space Operations

More than 7,500 U.S. Air Forces in Europe warriors have deployed this year in support of combat operations around the world. Our battle rhythm has been demanding and will continue for the foreseeable future.

For the past six years, our Air Force has used the Air Expeditionary Force construct to meet the air and space power needs of our nation, tweaking the AEF as necessary to improve it and adapt it to meet emerging challenges. One of those adjustments has been to expand the pool of AEF-eligible Airmen.

The Air Force Chief of Staff, Gen. John Jumper, said it best. "Let me be perfectly clear – in

our Air Force, every Airman is expeditionary, every Airman will know his/her place in the AEF system, and every Airman will be prepared to support the Combatant Commander, whether deployed, in CONUS via reachback, or employed at home station. If you're wearing the uniform of the United States Air Force, you are part of the AEF."

That seems pretty clear to me. Our nation is at war and our Combatant Commanders need you, regardless of rank or position, and they need you to be ready to fight when you reach their theater.

The AEF process was designed with predictability in mind. By placing you in an AEF bucket, you can enjoy some measure of stability by knowing when you can expect to deploy. This affords you, your family, your

co-workers and your supervisor an opportunity to plan for your absence. Use this valuable lead time to get your personal life in order including finances, wills and childcare plans.

It's also imperative to get your professional life in order. Update or create your continuity books so those left behind can cover your duties and ensure continued mission success for your unit. Take a look at your professional military education and promotion timelines and make appropriate plans. Do you need to take care of any performance reports or feedback sessions?

Supervisors and leaders, your involvement is critical to our success. You also need to plan for your troops' rotations. Find a replacement or plan on redistributing duties to other members of

your team. Will there be some degradation and turmoil? Probably, but what everyone needs to understand is we are all in this together — we are at war. As an Air Force, we must support our Combatant Commanders.

We will continue to prosecute the Global War on Terrorism for the foreseeable future. Our AEF concept has proven very effective over the last several years at putting air and space power where we need it, when we need it. Your role is to be ready, personally and professionally, to take the fight to our nation's enemies. If you're in a leadership position, make sure your team is ready to fight or carry on the home station mission when individuals from your team deploy. No matter who you are, if you're wearing Air Force blue, your AEF needs you.



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Lajes carries success into 2005

by Col. Barbara Jacobi
65th Air Base Wing commander

Feliz Ano Novo or Happy New Year Lajes. I hope you all enjoyed the holidays and are ready for an exciting year.

During his holiday visit here, Gen. Robert Foglesong complimented Team Lajes on our outstanding success in 2004, noting Lajes' overall lead in USAFE's Combat Special Interest Programs, in his Commander's Call Jan. 2 at the Top of the Rock Club.

Your CSIP accomplishments last year highlighted the can-do attitude that's so contagious in our island community, and your work ethic in your regular duties demonstrated the Air Force core values of Integrity First, Service Before Self and Excellence in All We Do. I'm proud to call you 'wingmen' and say "Thank You" for your dedicated service.

Although the 65th Air Base Wing owns no aircraft, it is the U.S. Air Force's portal to Europe and the Middle East, and we are the first to welcome the troops on their way back to the hemisphere they call home.

We also support Portuguese and other Allied Expeditionary Forces, which is why we strive to remain a Premier Enabler of U.S. and Allied Expeditionary Forces.

With a new year ahead of us I'd like to remind everyone of the wing's three goals so we continue to line up our efforts in the wing's crosshairs to hit our targets in 2005 ... and here are a few of last year's accomplishments to help measure our success.

Goal 1: Provide the Best Support for Expeditionary Airpower

This is our overarching goal and is the reason for our existence. Last year's successes included airfield, fuel system and support infrastructure improvements.

We spent \$3.3 million in airfield paving projects improving our ability to support our warfighters, with no negative impact on the mission.

We obliterated airfield obstructions eliminating 32 of 38 safety hazards, making Lajes field a safer place for air expeditionary forces.

We innovatively introduced a fuel tanker receipt concept and upgraded Lajes' fuel system, guaranteeing zero-delay refueling to transiting warriors.



Senior Airman Jason Hagen, Senior Airman Basilio Kozin, Staff Sgt. Nicholas Xenos and Senior Airman Steven Wright, 65th Operations Support Squadron crew chiefs, bed down an A-10 Thunderbolt from Davis-Montham Air Force Base, Ariz. The plane was one of four A-10s returning home from Iraq March 12, 2004. (Photo by 1st Lt. Aaron Wiley)

We're upgrading the weather shop's equipment and we designed and constructed an AEF Center Weather Dispatch Counter for deployed crews, reducing aircrew departure preparation time by 25 percent.

We won the Air Force award for best small terminal, our inns were USAFE finalists in the Lemay and Innkeeper awards, a flightline Chaplain greeted every aircraft and warfighter, and our CORONET liaison office pampered weary fighter pilots, enhancing our visitors' traveling comfort.

These are but a few accomplishments that paint a 'big picture' of the superb flight line and bed down support that our customers have compared to NASCAR pit-stop crews and bed and breakfast services.

We've also rebuilt the wing readiness center to support any contingency's requirements and we've prepared some of our best Airmen, in record time, for deployments to the war on terror.

Goal 2: Enhance Strong Portuguese Partnership and Seek Improved Integration

Team Lajes combines U.S. and local national personnel efforts with our Portuguese hosts to accomplish

our vital mission. Last year we built on the healthy relationship we already enjoyed with the Portuguese.

We continued to join hands with our Portuguese Air Force host in Tower, Weather and Security Forces operations, which has increased our interoperability and our response time in force protection conditions.

We organized numerous joint exercises with the PoAF to strengthen cooperation in areas where our missions overlap, including a Space Shuttle Exercise that brought international recognition and NASA training to Air Base 4 and the 65th Air Base Wing.

We orchestrated a partnership with the PoAF, Angra Hospital and Sao Miguel's Intensive Care Unit to develop an aerovac effort that has already saved two lives.

We worked with the local nationals and our Portuguese hosts to solve an eight-year long labor dispute affecting over 480 Portuguese workers, granting hundreds of thousands in back pay.

We created a Portuguese co-sponsorship program where a host family sponsors an American family coming to Lajes, fostering a stronger bond between our cultures.

We completed our power conver-

sion from U.S. produced energy to energy produced by the local electric company, creating a relationship that benefits everyone on the island.

We hosted a two-day business fair/product exposition showcasing 59 local vendors to Government Purchase Card holders and Lajes families, promoting local businesses.

We joined the PoAF in entertaining over 3000 local nationals at Community Appreciation Day, facilitated the largest-ever joint Fire Prevention week and the first-ever joint Earth Day celebrations with the PoAF, and sent 150 Department of Defense school students to participate in the local Portuguese schools' Children's Day fair to foster international friendship.

Goal 3: Provide Leadership, Resources and the Environment for People and Families to be their best.

Successful mission accomplishment hinges on taking care of and enabling our people. By focusing on quality of life programs, our people can focus on being their best, succeeding personally while contributing to the wing's goals.

We led USAFE in overall CSIP results last year, proving that taking care of our own is the best way to produce results.

We aggressively pursued better education options for our people and saw an 8.7 percent increase in overall enrollments in our degree programs.

We reached unprecedented preventive health and readiness program



Headquarters U.S. Air Forces in Europe Director of Plans and Programs Brig. Gen. Rusty Findley salutes Team Lajes members before he begins his tour of Lajes for the Combat Proud competition inspection July 21, 2004. Lajes won \$50K for its self-help program. (Photo by Staff Sgt. Michelle Michaud)

compliance at 97 percent, first in USAFE and third in the Air Force. We implemented popular fitness programs like the new spin cycling classes and Ridge Runners who run and walk on the island's scenic routes.

We've reached out to our single and unaccompanied members and to the families of our deployed members with programs like the SUM dinners, Project CHEER events, Combat Care and the Active Key Spouses Program.

We won \$50,000 from USAFE for the number one self-help program in

the command, and implemented our own self-help award called the "Golden Hammer Award." Our Airmen created their own hang out called the "Sun and Sand Hut."

We began a massive 300-family quality of life increase with \$1.1 million in heating, kitchen and bath renovations to the enlisted housing units and continue construction on 64 new housing units.

We have created a state of the art library with wireless services, the number one Customer College in USAFE and our Hidden Heroes program has registered 350 more volunteers since 2003.

We've completely renovated the commissary, added the first ever Burger King to a brand new Services Bowling facility, and developed a \$1.2 million dollar plan to renovate the dining facility and flight kitchen.

Although I don't have room to talk about all of our accomplishments, all of you have contributed to our successful year which is why I started every paragraph with "We." Everyone at Lajes is a part of our team.

I know we still have a lot of work to do and that's why I'm predicting this new year to be an exciting one. As we work in our separate areas of expertise, let us keep working together to achieve the wing's goals.

These goals will help the wing accomplish its mission: Proudly Providing World-Class Service and People to Enable, Bed down, and Posture Expeditionary Forces-Ready to Fight and Win.



Visitors look at a Puma SA/330 from the Portuguese Air Force Squadron 711 on display during Community Appreciation Day, June 5, 2004. (Photo by Staff Sgt. Michelle Michaud)

Sports briefs

Fitness events take place at the Chace Fitness Center unless otherwise noted.

Spin away

The Chace Fitness Center is now offering spin class. Classes are at 6:15 p.m. Mon., 6 a.m. Tue. & Thu., noon Tue. & Fri. and 9 a.m. Sat. People can call 24 hours in advance to reserve a spot. For more information call Tech. Sgt. Mary Davis at 2-5151 or Staff Sgt. Eric Ross at 2-6126.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Jan. 15. There are two lifts at each weight and weight classes for men and women. Register by Jan. 7.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Co-ed teams consist of three people. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.

Cheerleaders needed

Youth ages 4-18 are eligible to participate in the youth center's upcoming cheerleading season. Games are January-March. Cost is \$25 for members, \$35 for non-members. Volunteer coaches are also needed. For more information, call Jolene Wilkinson at 2-1197.

Youth basketball

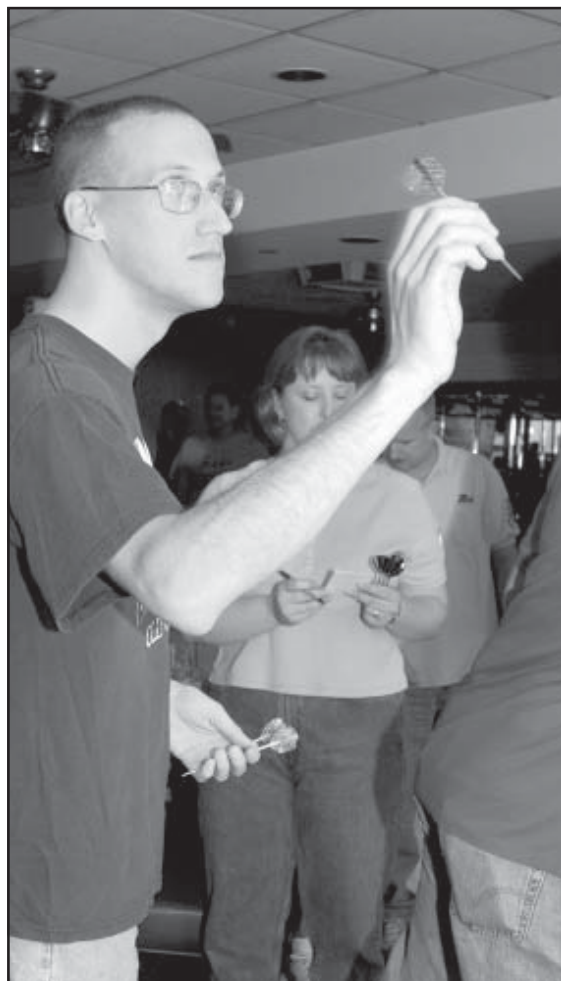
The youth center is accepting applications for the basketball program. Sign-up ends today. All youth between the ages of 5-18 are eligible to participate. For more information, call Jolene Wilkinson at 2-1197.

HAWC fit tip

Want to run faster? Practice going faster on all cardio activities including running, biking, elliptical trainer, etc. Every little bit helps, even if it's just every other lap or for three minutes at a time. For more information, call the Health and Wellness Center at 2-3889.

Push-ups

To increase effectiveness during push-ups, focus eyes a couple of feet in front of hands or on the wall. Keeping head up and lowering the chest closer to the floor not only increases results, but also burn more calories, increases strength faster and will help perform a correct USAF push-up.



(Above) Keith Burritt, 65th Civil Engineer Squadron plays a game of pool during the Team Lajes Wing call Sunday at the Top of the Rock Club. (Left) Mark Schmidt, 65th Communications Squadron, plays darts at the club during the call. (Photos by Guido Melo)

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

PFCU: 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri. and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Tradewinds: Breakfast 6-9 a.m., lunch 11 a.m.-1:30 p.m., dinner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun, midnight meal 11 p.m.-1 a.m., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Subway: 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet, traditional club sandwich, chef salad; Tue., Mexican buffet, rancho burger, chicken fajita salad; Wed., Italian buffet, meatball sub, chicken caesar salad; family dinner buffet; Thu., Oriental buffet, beef stir-fry sandwich, mandarin chicken salad; 2-4-1 steak night; Fri., seafood buffet, fish sandwich, tuna salad;

Prime & Wine dinner; Hoof & Fin dinner special.

Daily Mass: 5:15 p.m. Mon.-Thu.; 6:30 p.m. Fri.; 10 a.m. Sat.; 10:30 a.m. & 5 p.m. Sun.;

Monday
Protestant women's bible study 7 p.m.

Tuesday
AWANA 6 p.m.

Wednesday
Protestant men's/women's lunch/study noon; Catholic choir practice 5 p.m.; Protestant youth bible study 5:30 p.m. T-37A; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.

Thursday
Gospel choir practice 7 p.m.

Friday
Catholic bible study 7 p.m.

Sunday
Protestant Liturgical Celebration of Holy Communion 8:30 a.m.; Catholic religious education 9 a.m.; Protestant traditional service 9 a.m.; Protestant Sunday school 10:30 a.m.; Protestant Gospel service & fellowship noon; Protestant teens/youth 6 p.m.; RCIA 6:30 p.m.



AFN Sports on TV